



SEPTEMBER 2016

Wellness Nutrition Fun FaCts

Whole Grains Month

You can easily add whole grains to your meals, often using favorite recipes you've always enjoyed. Try some of the following:

Make Easy Substitutions

Switch half the white flour to whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes.

Replace one third of the flour in a recipe with quick oats or old-fashioned oats.

Add half a cup of cooked bulgur, wild rice, or barley to bread stuffing.

Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or home-made soup.

Use whole corn meal for corn cakes, corn breads and corn muffins.

Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.

Stir a handful of rolled oats in your yogurt, for quick crunch with no cooking necessary.

Celebrate Fruits & Vegetables in September



breastfeeding blurb

Feeding Frequency

How do I know if my baby is getting enough breastmilk?

This is a question MANY moms have, since breastmilk was never meant to be seen! Lots of mothers worry if their baby is feeding “frequently” that this means the mom isn’t making enough milk. BUT – there are some clues to know your baby is getting just exactly what he/she needs for optimum growth and development.

Typically, young babies should nurse 8-12 times in a 24-hour period. (But many will nurse MORE often!) However, parents shouldn’t watch the clock, they should watch the **baby** for feeding cues. These cues can include: chewing/sucking on hands and fingers, turning their head from side to side (they are searching for mom!), flexing of the legs and arms or smacking the lips. Note: Crying is considered a late cue and could result in an angry baby who doesn’t want to latch on well.

Just remember, the more opportunities the baby has to practice breastfeeding, the more skill he or she will develop. We also know that more frequent feedings stimulates more milk production!

Normal Newborn Expectations when Breastfeeding:

- ⇒ 10-12 feedings per 24 hour time period.
- ⇒ Baby back to birth weight by 10-14 days of age.
- ⇒ Generally by Day 4, Baby should have 4 stools per day.
- ⇒ Baby gains 4-8 ounces weekly.



Talk to your WIC nurse or dietitian about your baby’s feedings! We are more than happy to help!

Tangy Quinoa Salad

Created by: Ken Jones

Ingredients:

1/2 cup (100g) of quinoa
1 cup (100ml) water
1 stalk spring onions
1 red pepper
1/4 cucumber - sliced
1/2 cup (200ml) orange juice
1 teaspoon lime juice
1 Tablespoon balsamic syrup
Pinch of salt



Preparation:

Cook the quinoa in the water for about 15 minutes. Let cool. This can be done ahead. Prepare the vegetables and combine well with the cooled quinoa. Mix juices, syrup and salt together. Combine the juice mixture with the Quinoa mix and serve.